

FAMILY STRENGTHS DISCOVERY TOOLKIT

Every family has strengths. It is important to recognize and celebrate strengths, and build on them in ways that make life easier for everyone in the family. The following questions can be used as a discussion-starter, to explore ways to build on what's already working.

- ☐ Who do you consider to be your family? Does this include people who live outside your household?
- ☐ Is there a family member you feel most comfortable talking about your feelings with?
- ☐ What do members of your family do to have fun together?
- ☐ Are there members of your family you can talk with about your faith or spiritual beliefs?
- ☐ How do members of your family show support for each other?
- ☐ What are you most proud of about your family?
- ☐ Do you have family members who set an example for a healthy lifestyle (for example, eating healthy, limiting alcohol, no drugs or cigarettes)?
- ☐ How do members of your family work together at solving problems?
- ☐ Are there times when your family laughs together?
- ☐ What members of the family best understand you?
- ☐ How do members of your family show respect for each other?
- ☐ What kinds of traditions does your family observe?

Adapted from "The Family Strengths Check-Up" developed for Family & Children's Service, Wisconsin ©1999 by Dr. David H. Olson

MORE IDEAS FOR EMPOWERING FAMILIES/YOUTH & BUILDING ON THEIR STRENGTHS:
